



CONSUMER INFORMATION
HOME ECONOMICS FAMILY LIVING
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Cooking Equivalents and Measurements

Cooking Equivalents

1 cup sugar	= 1 cup honey or syrup—reduce liquid in recipe by 1/4 cup	1 cup wheat flour (for allergy diets)	= 1 cup corn flour 3/4 cup cornmeal (coarse) 5/8 cup potato flour 7/8 cup rice flour 1 cup rye flour 1 1/2 cups ground rolled oats
1 cup brown sugar	= 1/2 cup granulated sugar plus 1/2 cup molasses plus 1/4 teaspoon baking soda	1 cup cake flour, sifted	= 7/8 cup all-purpose flour, sifted (1 cup minus 2 tablespoons)
1 ounce chocolate	= 3 tablespoons cocoa plus 1 tablespoon fat = 3 tablespoons carob powder plus 2 tablespoons liquid	1 cup self-rising flour	= 1 cup all-purpose flour plus 1 1/2 teaspoons baking powder and 1/2 teaspoon salt
2 1-ounce squares chocolate	= 1/3 cup chips	1 tablespoon flour	= 1/2 tablespoon cornstarch, potato starch, rice starch, or arrowroot or 2 teaspoons quick-cooking tapioca
1 cup hydrogenated shortening	= 1 1/8 cup butter or margarine or 7/8 cup lard or oil plus 1/2 teaspoon salt	1 teaspoon baking powder	= 1/4 teaspoon baking soda plus 5/8 teaspoon cream of tartar, or 1/4 teaspoon baking soda plus 1/2 cup soured milk or buttermilk
1 cup milk	= 1/3 cup nonfat dry milk plus 1 cup water or 1/2 cup evaporated milk plus 1/2 cup water	1 1/2 teaspoon double-acting baking powder	= 2 teaspoons tartrate baking powder (per 1 cup flour)
1 cup buttermilk or sour milk	= 1 tablespoon vinegar or lemon juice plus sweet milk to make 1 cup—let stand 5 minutes	1 whole egg	= 2 egg yolks or 3 tablespoons thawed frozen egg or 2 1/2 tablespoons sifted dry egg powder plus 2 1/2 tablespoons lukewarm water
1 pound marshmallows	= 4 cups (100 large) 10 miniature = 1 large	white wine	= apple cider or juice
1 cup marshmallow creme	= 16 large marshmallows		
Herbs, fresh	= 1/4 the amount ground = 1/8 the amount powdered		

Advice to the Consumer

Use unit pricing when available and compare labeled quantities in relation to price. Package size may be deceptive.

Learn the price per pound, per quart, etc., of what you buy.

Learn to read the scale indications, and observe the weighing of your purchases.

Demand accurate weight and measure in your purchases just as you demand accurate change from the cashier.

Report suspected inaccuracies or violations of the weights and measures laws and regulations to your weights and measures official.

Be alert when checking out. It could save you money!

U.S. Units of Measurement

UNITS OF VOLUME

Dash = less than 1/8 teaspoon	1 quart = 0.946 liter
3 teaspoons = 1 tablespoon	1 liter = 1000 milliliters
4 tablespoons = 1/4 cup	4 cups = 1 quart
8 tablespoons = 1/2 cup	2 pints = 1 quart
1 tablespoon = 1/2 fluid ounce	4 quarts = 1 gallon
8 fluid ounces = 1 cup	16 cups = 1 gallon
16 tablespoons = 1 cup	8 quarts = 1 peck
2 cups = 1 pint	4 pecks = 1 bushel
1 liter = 1.06 quarts	

UNITS OF WEIGHT

4 ounces = 1/4 pound avoirdupois*	1 kilogram = 2.2 pounds
16 ounces = 1 pound	1 kilogram = 1000 grams
1 ounce = 28.35 grams	453.6 grams = 1 pound
3 1/2 ounces = 100 grams	

*Avoirdupois weight—a series of units of weight based on the dry pound of 16 ounces. The volume measure of 8 fluid ounces per cup is not avoirdupois measurement.

Can Size

Can Size—	Measure	Cups
8 ounces	8 ounces	1
No. 1 picnic	10 1/2 to 12 ounces	1 1/4
No. 300	14 to 16 ounces	1 3/4
No. 303	16 to 17 ounces	2
No. 2	1 pound, 4 ounces (20 ounces); or 1 pint, 2 fluid ounces (18 fluid ounces)	2 1/2
No. 2 1/2	1 pound, 13 ounces (29 ounces)	3 1/2
No. 3 cylinder	3 pounds, 3 ounces (51 ounces); or 1 quart, 14 fluid ounces (46 fluid ounces)	5 3/4
No. 10	6 pounds, 8 ounces (104 ounces) to 7 pounds, 5 ounces (117 ounces)	12 to 13

Weights and Measures

Flour—	Weight	Measure	Cooked
All-purpose	1 pound	4 cups	
Cake (sifted)	1 pound	4 3/4 cups	
Rye	1 pound	5 cups	
Whole wheat	1 pound	3 3/4 cups	
Sweets—			
Brown sugar	1 pound	2 1/3 cups	
White sugar	1 pound	2 1/4 cups	
Powdered sugar:			
sifted	1 pound	3/4 cup	
unsifted	1 pound	2 1/4 cups	
Honey	1 pound	1 1/3 cups	
Molasses	1 pound	1 1/3 cups	
Cereals—			
Cornmeal	1 pound	3 cups	12 cups
Macaroni	1 pound	4 1/2 cups	9 cups
Spaghetti	1 pound	4-5 cups	2 1/2 quarts
Oatmeal	1 pound	5 2/3 cups	
Rice:			
regular	1 pound	2 1/2 cups	2 quarts
quick-cooking	1 pound	4 2/3 cups	
Wild rice	1 pound	2 2/3 cups	2 quarts
Vegetables—			
Beans (dried)	1 pound	2 1/2 cups	
Onions	1 pound	3 large	
Potatoes	1 pound	3 medium	
Poultry—			
1 pound cooked (boned)	= 2 1/2 pounds raw		
1 pound cooked	= 2 cups cubed		

Units per Pound

Fruits—	Units per Pound	Remarks
Apples	3 medium	3 cups sliced
Apricots (dried)	3 cups uncooked	5 cups cooked
Bananas	3 medium	
Cranberries	4 3/4 cups	3 cups sauce
Dates:		
pitted	2 1/2 cups	
unpitted	1 3/4 cups	
Lemons	4 medium	1 lemon = 3 table- spoons juice
Oranges	2 medium	1 orange = 1/2 cup juice
Prunes (dried)	2 cups	approximately 50
Raisins (seedless)	2 3/4 cups	
Other Food Items—		
Graham crackers	15 crackers	1 cup crumbs
Saltines	22 crackers	1 cup crumbs
Vanilla wafers	30 wafers	1 cup crumbs
Bread	1 pound loaf	16 slices
Coffee	1 pound	5 cups grounds; 40-50 cups brewed

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